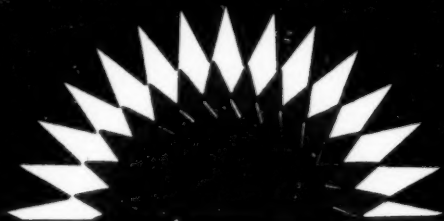


# UNION FAMILY SCHOOL



**A MAGAZINE OF SUNSHINE**

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**AUGUST 1930**

Living a Well-Rounded Life  
Adjustment to Environment  
The Right Mental Reaction  
"Just Relax"  
True Prayer Understood

**A PAGE OF INSPIRATION FOR EACH DAY**

## SILENT UNITY STATEMENTS

July 20 to August 19

Jesus Christ is the light of my life.

Jesus Christ is here, infolding me in His healing consciousness, and I am made whole.

Jesus Christ is here, infolding me in His consciousness of the Father's un-failing supply and support, and I am prospered.

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## UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

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### TRUE PRAYER UNDERSTOOD

The prayer that reaches Heaven's ear  
Is not the prayer of doubt and fear,  
Or one of learned word or phrase  
Imploring God to change His ways;  
It's not a prayer of begging grace  
From mumbling lips and hardened face;  
But just a thought of peace and rest  
Since God in heaven knows the best;  
It's just a knowing, firm and true,  
That God will bring the good to view;  
Thus may true prayer be understood—  
Not asking, but accepting, good.

## GOD'S DAY OF WORK

As God smiled, the sun shone bright;  
The day did dawn, and it was light.  
As God lived, life sprang within  
Every flower, and rock, and fin.  
As God thought great thoughts of Truth,  
So dawned Truth upon His youth.  
As God laughed, good cheer was spread;  
Joy filled every heart and head.  
As God loved, man too felt love  
Fall like manna from above.  
As God knew the power of might,  
So man felt the truth of right.  
As God sees with perfect eyes,  
Man must see perfection's prize.  
As God speaks so man now hears  
Songs celestial of the spheres.  
As God moves His magic wand  
Lilies open on the pond.  
As God's benedictions fall,  
Raindrops answer nature's call.  
As God's healing powers descend,  
Grim disease is put to end.  
As man knows with God he's one,  
All God's work in him is done.

## LIVING A WELL-ROUNDED LIFE

**D**O YOU often feel an intense urge to increase the circumference of your life? Do you feel a great desire to expand your world? Do you want to be well-rounded in every phase of your being? Then you must broaden the scope of your mind, and thus develop mentally, physically, and spiritually.

Your world, your life, should be unbounded, unlimited. Nothing should restrict the expansion and the living of a well-rounded life. No limiting belief should interfere with your desire to break narrowing confines and to live a free, joyous, and complete life.

In order to live a well-rounded life you must give up every thought and belief that would tend to restrict your outlook upon life. You must give up selfishness, jealousy, prejudice, and personal animosity. You must cease to want to narrow and to limit the life of any other person. Your world must be unbounded.

A well-rounded life presupposes a well-rounded mind, a healthy physique, and an abiding consciousness of our oneness with Spirit within us, the source of our very existence. A person could not enjoy a well-rounded life if his outlook upon life or his plan of living it were contrary to a well-rounded existence.

Remember that every restriction that you place upon your life or that of another but tends to restrict your own life. Every time you think of yourself as ignorant, or as incapable of understanding or enjoying life, you limit yourself

mentally. Every time you think of yourself as physically unhealthy, or as bound to disease or weakness, you limit yourself physically and restrict the full expression of your health.

Begin to live without bonds, bounds, and fetters. Cease to think of yourself as tied down by restrictions, prohibitions, and conventionalities. Let the wings of your soul be free to lift you out of narrow surroundings and to fly above material beliefs in limitations. But one thing can limit you: the voice of conscience, the voice of Spirit within you. If the Spirit of God within you approves of what you think and do, then you are, indeed, unlimited. Divine approval is all that you need, and you may be assured of it when you begin to live a well-rounded life.

"But," says some one, "I feel so hedged in all the time, so limited in my understanding, so lacking in power to express myself and to do things, so short of divine approval!" Now, the very fact of your feeling a shortcoming shows that your ideal is that of a well-rounded life. The void that you feel is the void that you can fill. Your increasing consciousness of what a well-rounded life means is revealing to you the longings to be appeased and the desires to be fulfilled.

You have but to desire in order to have your desires met with the very things that you want. If you want to increase your understanding, the way will be opened to you. How we Unity students love these lines in "Lessons in Truth" and how they seem to give us the realization that we

have received the fulfillment of our desires!—"Desire in the heart is always God tapping at the door of your consciousness with His infinite supply—a supply that is forever useless unless there be demand for it."

We have but to desire peace, understanding, love, health, and life abundant in order to see them appear in our lives. The ideal of a well-rounded life becomes real as we realize our ability to make it real. If we need more life, we develop it within ourselves. If we need to renew and refresh ourselves, we have the power to do so. We can manifest and express in ourselves everything that is needed.

In a well-rounded life we deny ourselves nothing that is needed for us to develop mentally, physically, and spiritually. We enjoy the pleasures of the world about us to the extent that they are wholesome and good for us. Of course, nothing in the world that is debasing can be accepted in the life of him who is interested in noble things and a well-rounded existence.

One of the avenues to a well-rounded life is through the consciousness of freedom. Many a person lives a narrow existence because he feels that he is restricted by rules and commandments. In order to expand his consciousness he must be free. To extend the seeming limitations of his world he must live in the consciousness of no limitations.

Interest in life and enthusiasm over its activities cause us to want to have more life. The

person with a well-rounded life always has many points of interest. He contacts life from many angles. He beholds life from many viewpoints and, thereby, sees many worlds.

An understanding of spiritual things, exalted values, is a most necessary chart and compass through life. Spirit within us, that innate spark of the divine, must always be the principle by which things of life, things of the external world, must be gauged and valued. A well-rounded life must be a well-measured life, one gauged by a standard set up without question as to its height of purpose.

Are you longing at this moment for a well-rounded life? That longing but presupposes the reality and being of the thing that you would express in yourself. Your understanding of Truth will help you to open up new avenues of expression. As you live day by day in the ever broadening scope of your existence, you will sense a newer and broader world as yours, and you will find yourself in the very midst of it. You will discover that a well-rounded life is becoming yours. You will find that life presents a completer aspect to you and is devoid of that sense of a hollow existence that formerly seemed to be yours.

Get out in the sunshine of life by breaking the bars of limitation that are making you a prisoner to limited beliefs. Be free, joyous, and happy in the knowledge that today, at this moment, you are beholding life from a newer angle and sensing the ideal of a well-rounded life.



## THE RIGHT MENTAL REACTION

**H**APPINESS or unhappiness is our portion in life according to the way in which we react to situations in life. The happy person is always conscious of a certain mastery over affairs of the external world. The unhappy one has a feeling of being mastered, of being subjugated by the power of outer things. These simple statements are so easily proved in daily living that the right mental reaction at once appeals to us as the true solution to all our problems concerning happiness or unhappiness.

The right mental reaction is based upon our having the right concept of life. This comes to us through our study of Truth. Without understanding we should not know how to react. With it we know how to think and what to do at all times.

The situations, events, and circumstances of our daily life more or less belong to the world without us. They become personal or related to us only to the extent that we think of them as such and as having power to affect our happiness or well-being. The only way in which a situation can gain power over us is through first appearing to our thought as something that has power over us.

The masterful person is one who has an abiding sense of mastery in the face of all situations. He has a confident assurance and a deep conviction that there is something within him that never in any sense or to any degree is affected by things that happen in the world

about him. He is the one with a placid soul, unruffled in time of stress or storm. He knows the secret of reaction. He can remain true to principle in the very face of adverse appearances and seeming danger.

How do you react to the situation when disease is mentioned? Do you think immediately of the horribleness of disease and begin to feel a fear of it? Does disease appear as a reality to you and as something that may become a part of you, robbing you of health and strength? When disease is mentioned do you begin to tell about your operations and diseases? Just what is your reaction?

The person who has an understanding of Truth, and who understands that in Spirit health alone is true, reacts to the thought of disease with a consciousness that does not accept it as anything in his life. His consciousness of Truth and health annihilates all belief that disease is something that exists in his world. He reacts mentally as he should, because the true thought about health is always paramount in his mind.

The right mental reaction is a subconscious response. The truth about a situation, about life, has been so firmly imbedded in the consciousness that the reaction often takes place without conscious effort on the part of the individual. If you know the truth that three and four make seven, your reaction to the statement that their sum is forty-seven is immediate and scarcely without any conscious thought.

You know the truth, and all effort to unseat your reasoning powers in regard to this truth would be futile.

Do you know that you can react to personal situations just as you do in figuring mathematical problems? Truth is truth, regardless of whether it is the truth about mathematics or the truth about yourself. If you know the truth that in Spirit you are whole and perfect, then you should not accept the race belief and falsehood that you are diseased or subject to disease. If you know the truth that in Spirit nothing of the external world, neither person nor thing, can affect or harm you, then you can react as you should when personalities and externalities seem to claim your attention.

The person with the right reaction to things in life seems to have something within him that is unaffected and untouched by outer conditions. We feel that the spirit within him is something stalwart, upright, and substantial; that this presence gives him freedom from all tendency to be moved by outer things and conditions. We feel that he could pass through any experience and come out as its master.

What is the understanding that fortifies us against being disturbed and moved by persons and things? What must we know in order to offer the right reaction to situations and circumstances? We must know the truth that external things have no power over Spirit within us, the reality of us, our permanence and substance. This truth causes us to stand in the

face of disturbing situations and to see their nothingness. Through and beyond the appearance of evil we see the dawning of good. We behold our salvation right at hand.

This right reaction brings peace, health, happiness, and plenty to those who know the secret of it. Happiness is most conspicuous among the blessings of those who can react rightly. They will be found to be free to a great extent from resistance. They do not fight to overcome conditions. They simply stand witness to the disappearance of evil as it is overshadowed by the coming of good.

When next you are prompted to oppose violently something that is said or done, stop for just a second and meet the situation with the right reaction. Detach yourself from things as they appear and continue steadfast to principle. Learn to react according to principle, and not according to fear and appearances.

Try to live in that high consciousness in which you give no power to adverse and limited things. Live in the consciousness of the power of God and the reality of all things good. Live in the thought that there is something within you that is mightier than all the world outside. This something is Spirit, and if you live in the consciousness of its omnipotence you will never fail to react to situations as a son of God should.

React to life with the consciousness of joy, mastery, and success, and you will find your life crowded with these blessings.

## ADJUSTMENT TO ENVIRONMENT



**THOSE WHO FEEL** that they live in unhappy surroundings must give a thought to the matter of adjusting themselves to environment, since their lives will be narrow and unhappy if their surroundings are not those of love, peace, and contentment. And so the student of Truth may have among his personal problems the matter of adaptation to environment.

We readily see that those who become sensitive and responsive to the thought of living in unhappiness must find some relief, and must escape—not, possibly, from the environment as it is but from the belief that affects them. In all cases, persons of this type will be found to be living in personal consciousness—in the belief that persons and external things can disturb and affect them; hence, relief comes first through a change of consciousness, a change in belief, since this is the way through which the outer change must take place.

In Spirit and in Truth man does not live in an environment of discord, hate, fear, or lack. Man, in Spirit, can never know these things nor be subjected to them. In Truth and in reality his environment is always and only God! According to the absolute science of Spirit, man lives eternally in the omnipresence of God!

If you are burdened by the thought of your environment, this truth will have to be understood by you. You will need to give up the belief that you are at any time in the midst of unsympathetic relatives, unkind associates, or un-

pleasant surroundings. The truth still remains: your environment is God.

God omnipresent! There is no other presence, reality, or being in Spirit but God—good, peace, harmony, love, and plenty! In Spirit, no presence of chaos, hate, or fear. In the omnipresence of love, no presence of personalities. In the everywhere presence of peace, no disturbing personal element. Our environment, God alone.

You have power to transform your surroundings and life into those of absolute peace and love by transforming your thought. By unthinking inharmony, you will discover that inharmony will disappear. By replacing every adverse thought with a thought of Truth—of peace, understanding, and love, you will find your environment transformed.

You have become affected by persons and things about you because you have related yourself to them in an adverse way. You now need to become adjusted to your spiritual environment—your environment as it is in Truth and in love. You need to know that your environment in Spirit always has been, is now, and always will be God, the good and the true.

If you have been inclined to quarrel with your surroundings, realize the truth of just what your environment is and then see it change. Remember, your environment is God. In Spirit you are in the very midst of His peace and love.

## HELP WILL COME

At the time when you are yearning,  
When your heart to God is turning,

Help will come.

Though the future seems appalling,  
Though ideals seem to be falling,  
If to God your heart is calling,

Help will come.

Though you may feel quite forsaken,  
You but need your faith to waken;

Help will come.

Even though you have been fearing,  
And the world seems to be jeering,  
You will find the clouds are clearing;

Help will come.

You may be quite lone, rejected,  
But if help is sought, expected,

Help will come.

God your cause will be defending,  
Lovingly His aid be lending,  
He in love will be attending;

Help will come.

## FRIDAY, AUGUST 1

---

**My Realization for Today:** *The life of Spirit within me fills me with abundant life. I am alive with the purifying, vitalizing, healing life of God.*

**I** AM free from all belief that life is limited in any respect. I am in the consciousness of the unlimited, deathless, free Spirit of life, and I know that this life fills and animates me. In this realization I clear from my mind any belief that would restrict my expression of abundant life.

The life of Spirit now active at the center of my being is now cleansing, energizing, and strengthening me. All impurity is removed from my body. I am at one with the life of Spirit, which purifies, vitalizes, and heals. I am lifted to a consciousness of my divine wholeness.

Every part of my physical organism is filled with the presence of Spirit, the presence of bountiful life. This life is the life of the ages, life eternal, life unending. This is the life that fills every cell, every muscle, and every fiber of my being. This is the life that overcomes every belief in disease and death.

As I abide in this life I am conscious of my identification with all the life that there is, conscious that I am one with universal life.

Our Saviour Christ Jesus . . . abolished death, and brought life, and immortality to light.  
—II Tim. 1:10.



## SATURDAY, AUGUST 2

---

*My Realization for Today: Poised in Spirit, I execute its good judgment, and all my affairs are handled through spiritual judgment.*



**T**HIS DAY I am freed from all belief that I exercise poor judgment or that my affairs are mismanaged through lack of judgment. I cease to think of myself as lacking in power to discern and discriminate. I know that in Spirit I have access to every idea that will cause good judgment to manifest in me and in all that I do.

In Truth the judgment of Christ is my own judgment and I am willing to give up every belief that would stand between me and this judgment. I know that in my true estate I have power to judge the good from the evil, the absolute from the limited. I know the thing that is best for me to do, and I know just when I should do it.

I can judge between good and true thoughts and those that are adverse and undesirable. I can discriminate between the true and the false. I have power to choose the right way and to discern the right path.

Because spiritual and good judgment is now exercised in dealing with all situations in my life, I find that all my affairs are in divine order.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

## SUNDAY, AUGUST 3

---

*My Realization for Today: The mind and Spirit of Christ within me continue to animate and vitalize my body, and I am nourished physically by the presence of Christ.*

**I** FREE myself from all belief that my body is something material or something to be denied or neglected. I do not think of my body as susceptible to disease, weakness, or death. I do not place upon it any limited belief that would interfere with the full expression of perfect health and well-being.

As I give up belief in disease, my body ceases to express it. Ceasing to think of physical limitation, I find that no longer is it out-pictured in my physical organism. Disease, having no place in my mind, is denied expression in my body.

The ideal and perfect body of the perfect man, Christ in me, now appears as a transformation of the body that I have thought of as imperfect and diseased. Every bodily imperfection is now cleared from my body, since I know that in Truth it is the perfect body of the living Christ within me. My perfect body now appears, and I behold it as perfect in every respect.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies.—Rom. 8:11.

## MONDAY, AUGUST 4

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*My Realization for Today: Anxious thoughts no longer have power to depress me. I am free from worry and anxiety, because I have perfect trust in God, the Spirit of good.*



AM liberated from all sense of worry and anxiety. Persons and things do not have the power to cause anxious thoughts to come to my mind. Situations and circumstances of the day are unable to disturb me or make me anxious.

I see that all my anxiety is simply my own adverse thought, and thus I am able to free myself from anxiety through entertaining the right thought. I clear all occasion for anxiety from my world through discarding all anxious thought, thereby feeling a greater trust in God.

I am set free from all worry about ill health. I know the truth that health is my portion in life, and I give the substance of my thought not to worrying about disease but to expressing perfect health. I am not under any bondage of worry about the health of my relatives or friends. I place all these in the keeping of God and see them express strength and perfection.


I do not worry about finances. I know that the law of bountiful prosperity is now at work in all my affairs and that I am prospered.

**In nothing be anxious.—Phil. 4:6.**

TUESDAY, AUGUST 5

---

*My Realization for Today: My understanding of Truth frees me from ignorance, superstition, and fear, and I enjoy perfect freedom from all bondage.*

VERY ENSLAVING thought is now cast from my mind, and I am free. I am liberated from every adverse belief that would bind me to limitation. I am free from every belief that would cause inharmony, disease, hate, fear, or lack to appear in my life.

Christ, the Truth, sets me free from every form of ignorance. I am free from the belief that I am ignorant or lacking in understanding. I know the truth that in Christ, infinite wisdom, I have freedom from ignorance and the assurance of perfect understanding.

I am free from every limiting belief of the race man. I am not under bondage to the false beliefs of the race. I am liberated from race superstitions about religion and health. In universal Truth I find my perfect freedom in mind, soul, and body.

The Truth of Christ sets me free from all form of fear. Knowing Truth—my true relation to God and to all things of the universe—I am unafraid.

I shall walk at liberty;

For I have sought thy precepts.

—Psalms 119:45.

WEDNESDAY, AUGUST 6

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*My Realization for Today: My faith in God, the good, delivers me from doubt and faithlessness. I have faith in the power of good to overcome every semblance of evil.*



AS MY FAITH in the good increases, my belief in the power of evil decreases. As I rise out of all belief in adversity and limitation, I find that I am free from evil and established in the good.

Having faith in God, I cannot doubt the supremacy and omnipotence of good. I do not believe that any external thing, person, or power can thwart the action of God or delay His perfect work. I know that God is now at work in all my affairs, overcoming every semblance of adversity.

As I continue to exercise faith in good I find that my faith increases and my good multiplies. I now behold my faith laying hold of my tangible good, and I see my blessings increasing and manifesting.

Faith in God in the midst of me gives me faith in myself, my own God-given power. I know that through the Spirit of God in the midst of me I can do all things. I know that nothing is too difficult for God to accomplish.

I lay hold of spiritual power and through faith in my oneness with it I manifest faith to overcome every seeming obstacle in my path.

**Be not faithless, but believing.—John 20:27.**

## THURSDAY, AUGUST 7

---

**My Realization for Today:** *My consciousness of eternal newness in Spirit wipes out all belief in disintegration and age. I am established forevermore in the newness and freshness of spiritual youth.*



**T**URN my mind from all belief that I am identified with crystallized thought. The eternal freshness of Spirit causes my mind to be rid of old, obsolete, and useless ideas and I am mentally refreshed. I am free from the living of life in a monotonous way. I find that everything in the universe brings an added interest into my life.

New ideas manifest in my body as physical newness, displacing old cells and causing new ones to appear. Through thinking new ideas I cause my body to manifest a spirit of newness and freshness.

My life is constantly being renewed because I continually see life from new viewpoints. I behold life from the angle of one who sees the world as impregnated with newness. I give up old viewpoints for new ones.

New blessings come to me daily and, as I become renewed in Spirit, I am blessed with spiritual gifts. The very spirit of newness fills me and all that I have.

Jehovah's lovingkindnesses . . . are new every morning.—*Lam. 3:22, 23.*

## FRIDAY, AUGUST 8

---

**My Realization for Today:** *The peace of God pervades my world and there is no place for hate, war, or destruction. I am at peace with God and with all things.*

**P**ERFECT PEACE now fills my mind, my body, and all my affairs. I exchange inharmonious and combative thoughts for those of peace. I give up thoughts of personal animosity, resistance, and hate for thoughts of harmony, understanding, and love.

My world is filled with peace because it is filled with the presence of God, infinite peace. This presence removes every inharmonious belief and manifestation from my life and from my world. God as the presence of peace is now expressing Himself in every part of my world as an antidote to warlike thoughts.

Abiding in peace, I seek to be at peace with those about me. I am at peace and at one with all good everywhere. I am unified with all persons and all things through omnipresent good and through universal peace.

Established in peace, I live in a world of enduring peace. My peace endures forever, because it is founded upon the Truth, substance, and being of God.

Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.  
—Isa. 26:3.

## SATURDAY, AUGUST 9

---

*My Realization for Today: Filling my mind with good thoughts, I fill my world with naught but good. God, the good, is omnipotent and omnipresent in my world.*



HOUGHTS OF TRUTH, thoughts of good, fill my mind, excluding every belief in the reality, presence, or power of evil. Naught but good can exist in my world, since only good exists in Spirit and in Truth. Disciplining my thought, I know that the false has no power to appeal to my mind as the true, neither can the unreal appear as the real and good. God—the good, the true, and the real—fills my world completely and I no longer think of evil as something of reality or power.

In my world of good, the world of God, there is only that which is like unto God. In this world of Truth and reality there is no place for anything opposite to God or counterfeiting His likeness. I look upon the world of reality and, like God, pronounce it very good.

Since good fills my mind at all times, I am assured of finding good wherever I go and under all circumstances. Only the good can appear where I am, since only good can manifest where the consciousness is established in good.

God's eternal goodness eternally manifests as my own tangible good!

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*



## SUNDAY, AUGUST 10

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**My Realization for Today:** *The joy of the Lord now springing forth in me removes all sorrow and depression from me. I am joyful, full of joy!*



**T**URN away from all belief that any person or thing can make me depressed or unhappy. I am free from the belief that any situation of this day can be a source of depression to me. I remove from my mind every thought that material or external things have power over me.

The presence of Christ at the heart of my being is a presence of infinite joy. Naught of sorrow can live in this presence. Christ inspires me to be infinitely happy, for I am full of joy at the thought of His presence. I resolve to give up every thought that would lead to sorrow and I turn to Christ, that I may experience His presence and joy.

I am full of joy because my heart is full of the very spirit of joy. Christ fills me so completely with His presence of joy that there is no place in me for sorrow and depression.

I rejoice because peace of mind, health of body, and bountiful supply are mine. I am thankful for every evidence of God's bounty and I rejoice to see Him expressing Himself in countless ways in me and in my life.

Thou hast put gladness in my heart.—*Psalms 4:7.*

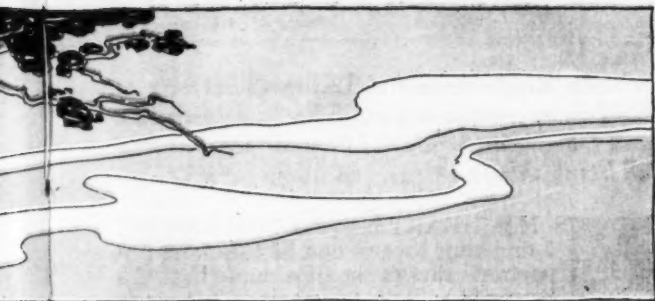


# JUS

You'll find, when things  
That all these things wi  
When things outside lo  
and whacks,  
Just cease to think of

Relax and cease to think  
Dissolve your doubts—t  
the change is "gr  
Then easily you'll disre  
And, in their place, goo

Relax your mind from o  
Cease to believe tha me  
If you are one of those  
Be done with such aud



# JUST RELAX

When things seem to annoy and troubles multiply,  
things will disappear if just this plan you'll try:  
Outside look blue and seem to offer knocks  
Backs,  
think of earthly powers. Get very still: relax!

Do not think of fear, disease, and lack, and hate,  
doubts—think thoughts of Truth; you'll find  
Life is "great";  
You'll disregard appearances and "facts,"  
In place, good will appear—if you will but relax.

And from old beliefs that ought can give you harm;  
That men or things can cause distress, alarm;  
Of those who hold the world upon their backs,  
Such audacity! Just change your thought: relax.

MONDAY, AUGUST 11

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*My Realization for Today: The love of God in me eradicates all hate, selfishness, and fear. Loving God, I love all persons and all living things.*



**A**S MY HEART becomes filled with love I find that love is one of the most important things in life and that its power is sufficient to remove every unloving thing or influence from my life. The power of love is mighty and nothing can resist it.

Should hate ever enter into my thought, I would turn the power of love upon it just as I would flood glorious sunshine into a dark and musty corner. If I should think that another is hateful in his thought and actions toward me, I would give him love in exchange and in return. I do not try to return evil for evil, hate for hate, and expect to receive love and good. I give love for hate, since in the loving consciousness there is no hate to recognize and no other step to take but one of love.

If I should become suspicious, envious, or jealous, I would know that in reality I am none of these. In Truth I am God's perfect child of love and as such I must think and radiate love at all times.

The Lord make you to increase and abound in love one toward another, and toward all men.  
—*I Thess. 3:12.*

TUESDAY, AUGUST 12

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*My Realization for Today: Living in the universal oneness of all good, I am identified with omnipresent good, and am always at one with God in whatever way He manifests.*

**I** DO NOT think of myself as living apart from God or as separated from His blessings. God lives at the very heart of my being and I am never separated from Him. Through the realization of this truth—the truth of my eternal oneness with God—I am at one with all that God is, all that He represents, all in which He appears.

I constantly identify myself with the good, regardless of the form in which it appears or the place where it is found. As my consciousness of the prevalence of good increases, I increase in my realization of universal oneness. Back of all things, back of various manifestations and appearances, I behold the Truth and the presence of God.

As I give up all belief in separation, I take a firmer hold upon the truth of universal oneness. When I cease to think of myself as separated from other persons, I find that we have many things in common. I discover that I am at one with their thought, their love, and their good.

Behold, how good and how pleasant it is  
For brethren to dwell together in unity!  
—*Psalms 133:1.*

## WEDNESDAY, AUGUST 13

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**My Realization for Today:** *Giving up all tendency to think of myself as evil or imperfect, I turn my thought to Christ, my innate perfection.*



**CHRIST**, the spark of the divine within me, now comes forth as I increase in my realization of His presence. Christ, my spiritual nature, now manifests as all the reality that there is to my being. In Him I know that I am perfect and entire.

I am freed from the belief that the Christ nature belongs to Jesus alone. I know that Christhood is a part of every one who knows the truth of his spiritual nature. I realize that the Christ is now and always will be a part of my very being.

The presence of Christ is the presence of peace. Growing in understanding and in realization that Christ is within me, I know that I have peace and harmony of mind at all times. I accept Christ as my peace.

The presence of Christ is a healing presence. As I turn to Him, I feel that His healing work is being done in me. I feel that I am manifesting perfection in accordance with His own perfection.

Christ, to me, is living bread. He feeds, nourishes, and sustains me.

Christ be formed in you.—*Gal. 4:19.*

THURSDAY, AUGUST 14

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**My Realization for Today:** *The law of God, of Spirit, and of Truth is the only law that operates in my life.*

**G**OD, THE PRINCIPLE of Truth, is the law of good now operating in my life as the law of harmony, health, and plenty. Since there is but one God, there is but one law for me. Since God is omnipotent, His law governs me to the exclusion of other so-called laws.

Disease cannot operate in me or in my body as a law. I do not believe in the so-called laws of disease as having cause or effect. Under the law of life and health, I am free from the belief that I am under any so-called adverse law.

God is the principle of my life, and His law rules my mind, soul, and body. I think in accordance with Principle.

The law of God sets me free from the law of sin, adversity, and death. Through the power of spiritual law I come under the power and dominion of Spirit. The law of Spirit puts an end to all that would claim to be lawlike in character, but which would cause adversity to appear.

The law of good rules my life as the law of Truth. All other laws are fictitious, since in Truth there is but one power, one government, one law.

**We know that the law is spiritual.—Rom. 7:14.**

## FRIDAY, AUGUST 15

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*My Realization for Today: I do not think of myself as carnally or mortally minded. I recognize but one mind, Divine Mind, the mind of Truth.*



GIVE up all belief that I am dual-minded. I do not think of myself as having a carnal mind or as burdened by evil thoughts. I do not think that I am under bondage to the race thoughts of limitation and adversity.

Thinking spiritual and true thoughts, I can give no mental substance to thinking adverse thoughts. Knowing the truth of the power of God, I can give no thought to believing in other gods and other powers. Knowing the Truth, I cease to think contrary to Truth.

As I lift my thought and enter spiritual consciousness, Divine Mind, I am able to think the thoughts of God, thoughts of the absolute, thoughts of Truth. I know the utter falsehood of all that is in opposition to Truth. I realize that Truth alone is true, of God, of eternity.

The mind of God in me is the mind of my higher being, the mind of Spirit. As I give up thinking limited thoughts, I come closer to the mind of reality. As I think thoughts of Spirit and of Truth, I am unified with the very Spirit of truth.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*



## SATURDAY, AUGUST 16

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*My Realization for Today: I do not have difficulty in deciding what I should do. There is but one way before me—the way of peace, truth, health, and success.*



DO NOT think of myself as undecided regarding the way that I should go or as to steps that I should take. I cease to think of many paths. In Truth there is but one way, the way of Spirit. Established in Truth, I recognize this road and enter upon it.

Going the way of Spirit, I find myself surrounded by the blessings of God. Peace, health, and plenty attend me. On every hand I find God's blessings coming into manifestation to cheer me on my way.

I do not think of myself as required to go the way of inharmony, unhappiness, and lack. I know that, when my thought is centered upon God, I can be directed only to the path that leads to God.

God's way is my way. Knowing the truth that He directs my feet, I am freed from all uncertainty, doubt, and indecision. I do not hesitate to go forward and upward, assured of God's presence and His approval.

To him that ordereth his way aright  
Will I show the salvation of God.

—Psalms 50:23.

## SUNDAY, AUGUST 17

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*My Realization for Today: All sense of impatience has left me and I am quickened to realize perfect patience, confident assurance that all is well.*

**K**NOWING that God is now bringing great good into my life and continues to do so, I am cured of all habit of impatience. I do not distrust God or think that evil can overcome Him. I know that through the power of Spirit every adverse belief is now being overcome. I am not impatient as to the outcome of my affairs.

Because I have confidence in God and in His power, I know that He is mighty to bring great good to pass. I know that nothing can delay my good. I realize that no mortal thought can thwart the work of God.

My patience increases as I increase in confidence and in trust in God. I patiently wait and witness the appearing of God as my salvation and my answer to prayer. I know that He will appear as a blessing when a blessing is needed. I realize that in the timeless time of Spirit He knows no delay and, consequently, I can experience no delay when I need to feel His presence and His love.

I am assured that right at this moment God's blessings are pouring upon me and He is at once the fulfillment of my prayers and desires.

Let patience have its perfect work.—James 1:4.

## MONDAY, AUGUST 18

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**My Realization for Today:** *I renounce the belief that heaven exists in some other place or at some other time. God in His heaven is within me, and I abide in heaven here and now.*



**DO NOT** think of heaven as being in some distant place. I know that heaven is not three-dimensional, but exists solely in spiritual consciousness. As there is no distance or space in Spirit, even so heaven is not in some distant place but is where I am when I enter that high consciousness in which it exists.

I know that heaven is not limited by man's ideas of time and the future. Since in Spirit there is no time, then heaven exists in the eternal now and, as I learn and know the truth of timeless time, I enter into the glories and blessings of heaven—here and now.

Through spiritual vision I am able to dispel the fog and mist of materiality and in its place to behold the truth and reality of God and His heaven. In absolute Truth, there is only God, only heaven. I deny every belief that would tend to fix materiality, limitation, and adversity in my mind. In spiritual consciousness I know the Truth, and heaven appears through my spiritual vision.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

**My Realization for Today:** *The light of Christ within me scatters every darkened belief, and I am spiritually illumined.*

**I** DISABUSE my mind of every thought that I am in mental darkness. I do not think of myself as lacking in understanding. I do not speak of myself as ignorant or as lacking in education. I deny every belief that would limit me mentally.

The light of Christ within me is the light that quickens, illumines, and inspires me. I am quickened to see the light of Truth and to behold myself and all others as standing in this pure, white light. I am illumined by that understanding which leaves nothing to be known. I am inspired and exalted to behold the truth of my divine birthright, and I press on to the spiritual heights.

Light now floods my mind, soul, and body. I am illumined! I behold all persons and all things as they are seen by God.

The light of Spirit fills every cell of my body with light, and my physical organism loses all sense of darkness and heaviness. My body is filled with light because it is filled with spiritual presence. I abide in the light, and light is shed upon my way.

Thy word is a lamp unto my feet,  
And light unto my path.

—*Psalms 119:105.*

## SILENT UNITY STATEMENTS

August 20 to September 19

*The command, "Go ye into all the world, and preach the gospel to the whole creation," is now fulfilled in me.*

*"Preach the gospel," "heal the sick, raise the dead . . . cast out demons," is now being fulfilled in me, and I am made whole.*

*"Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you," is now being fulfilled in me, and my every need is supplied.*

WEDNESDAY, AUGUST 20

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*My Realization for Today: My consciousness of Christ's presence frees me from all belief in disease, and I am made whole and well.*

**K**NOWING that Christ is within me and about me, I realize that His presence dissipates every thought that disease can become reality in my life. His presence—the presence of health, life, and strength—puts an end to my acceptance of the race belief in disease, weakness, and death.

The healing presence of Christ does not belong only to the past or to some other place. Christ lives forever and His healing work is being done at this moment as much as at any other time. He is the Great Physician. Exalted to His consciousness, I perceive the unreality of disease and the omnipotence and omnipresence of health.

The healing presence of Christ reveals to me the truth that disease has no power to become a part of me or to establish itself in my physical body. Knowing the Christ Truth, I wipe out of mind every thought that would cause disease to be outpictured in my body.

I rejoice to be free from all belief in disease and to be established in the truth that my health is now manifest.

In the name of Jesus Christ of Nazareth, rise up and walk.—*Acts 3:6 (A. V.)*.

THURSDAY, AUGUST 21

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*My Realization for Today: The truth of God fills my mind with rich ideas, and all my affairs are prosperous.*



THE MIND of God, my consciousness of Truth, is filled with rich ideas of substance. I am free from every belief that poverty and lack are related to me in any way. I am free from every idea that would identify me with lack.

Rich ideas have power to relate me to prosperity, and through the consciousness of plenty I am able to see my prosperity appear. My rich ideas transform my consciousness to one of prosperity, and I cease to think in terms of lack.

I am no longer fearful in finances. My affairs are not subject to hard times or financial panics. I am not under any law that would limit my financial success. I recognize but one law, the law of prosperity. I know but one truth, the truth about my bountiful resources.

I am not inclined to think of myself as a failure. I do not relate myself today to mistakes of the past or to financial losses of yesterday. I know that today I am being freed of all sense of lack and being quickened to the realization of plenty.

My prosperity is now manifest. I do not believe that my supply can be lost or delayed.

The God of heaven, he will prosper us.—*Neh.* 2:20.

FRIDAY, AUGUST 22

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*My Realization for Today: I rejoice to know the truth of life, that I may be free from erroneous belief. In Truth I am free from every falsehood and limitation.*



THE TRUTH of my perfection in Spirit sets me free from the falsehood that I am imperfect, diseased, or weak. I am free from every illusion of the race that would oppose the teachings of Truth. I give up every erroneous belief about disease in order to accept the truth about health.

The truth about my eternal oneness with all good sets me free from all belief that I am ever separated from God or from good. This truth of universal oneness serves to identify me with the one life, one power, and one substance of Being.

The truth that God within me is greater than any external thing or person sets me free from all former concepts that anything of the external world can terrify or dominate me. This truth is at once my freedom and my deliverance from the race belief in the power of worldly things or of matter.

The truth about God's omnipresence delivers me from the belief that evil or adversity can have any presence.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*



## SATURDAY, AUGUST 23

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**My Realization for Today:** *Every care is now removed from my mind, and I relax in the peace and restfulness of Spirit.*



**I** REALIZE that God in His infinite mercy is now unburdening my mind of every belief that would cause tenseness. I freely give up every thought that would prevent me from relaxing completely. I relax in the consciousness that I am now resting in the presence of God, and I realize that I am sustained and refreshed by His love.

I freely give up all belief that things of the world can affect me in any way. I relinquish every thought that personalities can disturb me. I yield every belief that God's help might be delayed or denied me.

Relaxing in the peace of God, I have the assurance that God is constantly attending me. I know that His love is constantly about me. I relax in His presence, knowing that, living in Him, I can have no tense muscles or taut nerves.

I cease to fight and to struggle in order to live. I am willing to be nonresistant and to relax in the knowledge that God governs and directs me and all the affairs of my life. I am ready to trust Him in all things and to relax in His presence, in complete faith.

The government shall be upon his shoulder.  
—Isa. 9:6.

## SUNDAY, AUGUST 24

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*My Realization for Today: I know that in any emergency I can turn to Christ, the Truth, my Savior. He is always ready to deliver and to save me.*

**H**OW I REJOICE to feel that in any trying circumstance my Savior and deliverer is right at hand! What a consolation to know that in trial or in danger Christ is with me and ready to help me!

Christ, the truth, delivers me from every negative experience. He is my Savior and is mighty to free me from any bondage and to liberate me from any false claim. His Truth delivers me from falsehood and from the hold of ignorance, disease, and death.

My salvation is always at hand. I have but to call for help in order to feel the presence of Christ at hand, ready to be of help to me. I need but to realize the truth of His salvation in order to know that He is with me, putting adversity to flight and raising me to Himself.

I am delivered from evil and adversity in every form because my thought is centered upon Christ, my Savior. No situation can prove too much for Him. No adverse experience can overcome Him or thwart His work.

I will call upon Jehovah, who is worthy to be  
praised.

So shall I be saved from mine enemies.

—II Sam. 22:4.

## MONDAY, AUGUST 25

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*My Realization for Today: The blessings of God are now poured out upon me, and I find them on every hand.*



OD'S BLESSINGS are being constantly poured out upon me, and everywhere I go I discover more of His gifts. His peace, love, life, and health are mine. I am now raised to the consciousness wherein I perceive God's blessings as coming to me in bountiful measure.

My realization of the presence of God and of His blessings frees me from all belief that His goodness can be withheld from me. I know that in Spirit and in Truth there can be no absence of God's love and generosity. I know that His will is always good will.

Resting in the consciousness of God's presence, I am in the presence of manifest blessings. All that I need and desire is now visibly manifest. All that God would shower upon me is mine in tangible form. Everything that I need to make my life richer and fuller is now manifest in the form and in the quantity that I require.

As I ponder upon my blessings, I find them increase. I behold the goodness of God multiplying with such rapidity that my whole world appears to be filled with God and His blessings.

There shall be showers of blessing.—*Ezek. 34:26.*

## TUESDAY, AUGUST 26

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My Realization for Today: *Living in the consciousness that I am one with God, I am in a state of constant prayer.*



THROUGH PRAYER I am identified with God and all that He is. I do not think of prayer as a form of beseeching God. By prayer I realize that I always have been, am now, and always will be at one with the good that I desire.

Prayer, to me, is an interrelation between God and myself. In this holy relation I realize that I am now in touch with all the good that there is in the universe. I find that through prayer I am in contact with God in the very midst of me.

I am in a receptive mood, in which I ask (invite) God to come forth in me. I welcome Him into my life and into my affairs. I invite His life, love, and strength to express themselves in and through me.

Living in a state of constant prayer, I am in an attitude wherein I am free from the disquiet, restlessness, and poverty of the world. Through prayer I enter into the peaceful realization of Truth and its visible manifestation in my life.

Prayer, to me, is the most natural and normal thing in the world.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

## WEDNESDAY, AUGUST 27

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**My Realization for Today:** *In the quietness and stillness of Christ within me, I am free from all sense of disturbance. I am still in the presence of Christ.*

**I**N THE STILLNESS of Christ's presence there is no confusion, noise, or disturbance. Every outer sound is stilled as I enter into the realization of perfect quiet. Every noise of the external world is transformed as I realize the presence of God in my very midst.

In the quietness of the heavenly realms within me, I feel quietness stealing forth over my whole being and I find that mentally and physically I am quiet from all sense of disturbance. In this stillness I feel power surging up within me. I sense the very presence of God, and in this presence I am one with His powerful stillness.

Even as Spirit within me is still, free from all sense of uncertainty, confusion, and tension, so am I still.

I rejoice to be still and to know that I have access at all times to the quietness of God within me, and that I can turn to Him and instantly feel His presence. I feel myself filled with the power of His might.

**Be still, and know that I am God.—Psalms 46:10.**

## THURSDAY, AUGUST 28

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*My Realization for Today: God in me, my I AM, causes me to know that I am, that I live, that I am part of His infinite being.*

**F**EELING God as a living reality in my midst, I realize the presence of my own I AM. This, to me, is that spark of the Divine within me that makes me know that I am alive and have perfect being in reality.

Turning my thought to the I AM, I realize its supremacy over all things of the world. I have but to turn to it and affirm, "I AM," in order to realize that that within me which is, which lives, which has infinite being is supreme over all of the universe.

As I declare, "I AM," I feel that the voice of Spirit speaks, declaring its own presence, for, truly, I AM is Spirit. My I AM exalts me to the realization that something within me (Spirit) is alive forevermore. This something, although indefinable or unexplainable in the language of the world, may be best known as I AM, since it identifies me with Being and livingness, the reality and life of Spirit.

I am light, peace, life, health, love, and substance. The true I AM is that which I know myself to be in Spirit. The real I AM of God is the real I AM that I know myself to be when in the consciousness of absolute Truth.

I AM THAT I AM . . . I AM hath sent me unto you.—*Exod. 3:14.*

*My Realization for Today: My vision is cleared of all belief in materiality and through spiritual eyes I behold the world of God, a world of beauty and of good.*



**I** DO NOT think of my vision as being limited or impaired. My eyes are cleared of all obstruction to perfect sight. I do not speak of my vision as failing or as imperfect. My eyes are not under any limited beliefs. In Spirit, they are the eyes of Spirit, the eyes through which Spirit within me looks upon a spiritual world.

I cease to look upon a world of disease, hate, fear, and lack. My eyes are no longer given to seeing evil and limitation. I look through them and behold the world as it is seen by Spirit, and I know that it is very good.

I bless my vision because through it I become acquainted with the beauty of the universe. Through this vision I behold all persons and all things as they are seen by God. I see them as they exist in Truth, freed of all sense of limitation.

In the world of God I see God expressing Himself in order to bless mankind. I see love and life now manifesting in all God's creatures. I behold good appearing as the very presence of God.

Blessed are your eyes, for they see.—*Matt. 13:16.*

## SATURDAY, AUGUST 30

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*My Realization for Today: I cease to condemn other persons, neither am I condemned. I abide in the consciousness of praise.*

**I**N THE CONSCIOUSNESS of praise, there is neither condemnation for me nor for that issuing forth from me. I am free from personal consciousness in which there is personal condemnation. I do not give myself the right to think of the shortcomings of others or to point them out.

Consecrating myself to Spirit, I am free from all inclination to criticize and to condemn. In spiritual consciousness I behold the perfection of man and see him as God sees him. I behold my relatives and associates as expressing the nature of Spirit that is within them.

As I am not in the consciousness of condemnation, I do not attract it. Others do not condemn me, because there is nothing in my consciousness to draw their condemnation to me. I am free from personal criticism because I neither anticipate it nor resist it.

In the consciousness of praise, I behold God as manifesting Himself in countless ways in myself and in others. I praise the good that I see, and recognize it wherever it is.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.



## SUNDAY, AUGUST 31

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**My Realization for Today:** *I am nonresistant. I do not fight the experiences that come to me. Everything that comes into my life must bring me some good.*



DO NOT resist the experiences that come my way. I rest in the consciousness that only good can be attracted to me. I do not need to fight evil in order to overcome it. God, the good, in the midst of me has power to transform every adverse experience into one of great joy.

By nonresistance I enter the consciousness in which the Spirit of the Lord can express itself in and through me. I am receptive to the action of Spirit and willing for it to work without my personal care.

I do not resist disease. I am engaged in building such a strong consciousness of health that there can be naught but health in my mind or in my body. Health, not disease, is the reality and my thought must be placed upon health. Back of all health is the spirit of health, and this power is mighty to overcome all that is unlike it.

I do not resist personal situations. I know that love and understanding are mighty to solve all difficulties.

Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of Jehovah with you.—II Chron. 20:17.

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